

dublin doings

Quarterly Newsletter of the Dublin Senior Center

WHAT'S HAPPENING *at the Senior Center* 2013

September

GROOVY 60'S LUNCHEON

Thursday, September 12
11:40am

Dress-up to relive the days of flower children, bellbottom pants and love beads. Register by Friday, September 6.
\$7 Res Senior
\$8 Non-Res/Under 50
Activity #31535

October

HALLOWEEN LUNCHEON

Thursday, October 10
11:40am

Put on your favorite costume and join the fun. Register by Friday, October 4.
\$7 Res Senior
\$8 Non-Res/Under 50
Activity # 32363

November

VETERANS DAY LUNCHEON

Thursday, November 14
11:40am

In gratitude, today we honor all past and present military veterans. Register by Friday, November 8.
\$7 Res Senior
\$8 Non-Res/Under 50
Activity #32364



City of Dublin Senior Center
7600 Amador Valley Blvd.
Dublin, California 94568
(925) 556-4511

www.DublinSeniorCenter.com
www.DublinRecGuide.com
www.Dublin.ca.gov
seniorctr@dublin.ca.gov

Business Hours

Mon-Fri: 9:00am-4:00pm
Sat: 8:30am-12:00pm

Make checks payable to the City of Dublin for most activities unless otherwise stated.

HOMETOWN HEROES ANNUAL CELEBRATION

Saturday, November 2 at 2:30pm

Dublin Senior Center, 7600 Amador Valley Boulevard, Dublin

Celebrate the dedication, bravery, and heroism of our veterans.

The CoolTones Big Band will perform.

Call (925) 556-4511 for more information.

This is a FREE event • Light refreshments will be served

DAYLIGHT SAVINGS TIME ENDS



**Sunday
November 3**

Don't Forget...

The building will be closed on the following days:

Monday, September 2 in observance of Labor Day

Monday, November 11 in observance of Veterans Day

Thursday, November 28 & Friday, November 29 for Thanksgiving



SENIOR INFO FAIR

INFORMATION & SERVICES FOR SENIORS

SATURDAY, OCTOBER 5, 10AM-2PM

Dublin Senior Center • 7600 Amador Valley Blvd. • (925) 556-4511

Get valuable information and services from a variety of government, non-profit, and commercial organizations at this FREE event. Call (925) 556-4511 for more details.



A Program of the City of Dublin Parks and Community Services Department



holiday craft boutique

presented by the Dublin Senior Center and the Dublin Senior Foundation

Saturday, November 16
10:00 AM – 4:00 PM

Each year this event gets bigger and better, with new crafters displaying their original handmade arts and crafts. Visit the Senior Center for a day of holiday shopping. You'll find a wonderful assortment of unique items for gift giving or for yourself. Entrance is FREE.

For more information call (925) 556-4511.



Welcome

It is the Center's goal to enrich all of its patrons' lives. In case you weren't aware, this is a very lively and active group of seniors. Come on in; take a tour to see for yourself. Don't miss out, because you will be surprised at all the activities going on here. If you are already a patron, tell your friends that this is the place for "rewarding friendships, intriguing activities and a lifestyle of possibilities."



Tour the Dublin Senior Center Tuesdays, 10:00-11:30 am

(tours last 10-15 minutes)
Are you new to the area? Come and take a tour. To register, call (925) 556-4511. Drop-ins welcome!

A GUIDE FOR HEALTHY LIVING THROUGH ACTIVITY

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BE A SUPPORTER

The Center gratefully appreciates all of its supporters. They help provide the continuing events and activities that are offered here. Please go to the front desk and tell them that you too would like to be a supporter. All supporters are mailed the informative quarterly newsletter, *Dublin Doings*.

Yearly Fee: \$10; \$1 discount for Residents

SENIOR CENTER ADVISORY COMMITTEE

Eddie Jo Mack—Chairperson

Faye Guarienti—Vice Chairperson

Diane Bonetti—Member

Holly Ito—Member

Ramona Krausnick—Member

Connie Mack—Parks & Community Services Representative



Your Advisory Committee welcomes you to attend their meetings, 9:30am on the first Thursday of every month, at the Dublin Senior Center. You may make suggestions at the meeting, or via email: seniorctr@dublin.ca.gov.

Next Meetings: September 5, October 3 & November 7

HAVE A FAVORITE SENIOR CENTER INSTRUCTOR OR CLASS?

Tell us, and your testimonial may be printed in the *Dublin Doings*.

RENTALS

If you are looking for a place to host a party or a celebration of life, please inquire about renting one of the City's beautiful facilities like the Dublin Senior Center. Rooms may be rented by private and community groups during non-Senior Center business hours. Typically, Friday evenings, Saturday and Sunday afternoons and evenings are set aside for rentals. For availability, fees, and information, call (925) 556-4500.

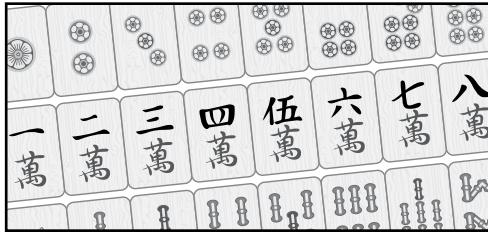


**Parks
Make
Life
Better!**



WANTED!

If you have a Chinese or American Mah Jong game set no longer in use, please consider donating it to the Dublin Senior Center



MAH JONG — AMERICAN

Fridays, 12:15-4:00pm

Playing this ancient game certainly keeps your mind active and alert.
\$1.50 activity fee

MAH JONG INSTRUCTION — AMERICAN VERSION

Thursdays, 12:00-2:00pm

Don't pass up the chance to learn a very challenging game played with tiles. You will be taught the basics in preparation to play at a table of four. Please call the front desk to sign up for the class. Two to four people are needed for instruction to begin.
Instructor: Donna McCarthy
\$1.50 activity fee

MAH JONG FOR FUN — CHINESE VERSION

Wednesdays, 10:00am-12:00pm

This is a game of skill and strategy involving a certain degree of chance. Similar to the card game, rummy, the game is played with a set of 136 tiles based on Chinese characters and symbols. Please call the front desk to sign up to play. Three to four people are needed to begin.
Coordinator: Hawkins Lee
\$1.50 activity fee

PARTY PINOCCHLE (Double deck)

Mondays, 9:00-11:00am

Beginners are always welcome to learn this game from other players. Call the front desk and leave your name and number.
Coordinator: Bill Arnold
\$1.50 activity fee

BRIDGE

New players, please call the front desk for the bridge group you would like to sign up for.
\$1.50 activity fee



Beginning

Wednesdays, 1:00-3:00pm

Receive instructions to play this social card game or acquire new knowledge to stay up to date. Wait list taken on a first come, first served basis.

Instructor: Donna McCarthy.

Intermediate

Tuesdays, 12:00-3:30pm

Coordinator: Barbara Tocchini

Fridays, 12:00-3:30pm

Coordinator: Jenny Underwood

Intermediate/Advanced

Mondays, 12:00-3:30pm

Coordinator: Raya Marshall



BUNCO

Thursdays, 1:00-3:00pm

Once the dice are rolled, it's a game of chance.

Coordinator: Sue Woods

\$1.50 activity fee

BINGO

Wednesdays, 12:45pm

The Center's most popular game is sponsored by the Dublin Senior Foundation. There is a professional Bingo board and fabulous callers. Pick up your cards and be prepared to win. Card fees due prior to the first game.
\$2.50 for three cards
\$1 for each additional card
\$5 for six cards



Note: City Ordinance prohibits gaming for money. Bingo, which is sponsored by a licensed non-profit group, is exempt.

PING PONG: DROP IN

Wednesdays: 9:00am-12:00pm*

*no AM Ping Pong 12/11

Thursdays: 9:00am-12:00pm

Saturdays: 9:00am-12:00pm

This game is also called table tennis. Check out equipment at the front desk, or sign-in and wait for your turn. Play time is limited when people are waiting.
\$1.50 activity fee

PING PONG: BY RESERVATION

Thursdays: 12:00-4:00pm

Call to reserve your table. Maximum: 2 people per table.

\$3 per hour, per table





LINE DANCE

Join the line. The music starts and your feet are dancing to the beat. Partners not needed.

Beginning

Thursdays, 10:15–11:15am

Instructor: Lynn Woods
\$1.50/class

Beginning/Intermediate

Tuesdays, 10:15–11:15am

Instructor: Rosa Chan
\$2/class

Saturdays, 10:45am–12:00pm

\$3/class

Easy Intermediate

Thursdays, 2:00–4:00pm

Instructor: Millie Dusha
\$3/class

Intermediate Social

Fridays, 10:00–11:00am

Dance leader: Karen Hong
\$1.50/class

Advanced

Mondays, 12:30–2:30pm

Instructor: Millie Dusha
\$3/class



BEG/INT BALLROOM DANCE DROP-IN

Tuesdays, 1:45–2:45pm

The perfect place for lovers of dance. Learn new steps to increase flexibility, strength and energy. Everyone is welcome, especially more male students. No experience and/or partner necessary. Minimum eight students. Register at least one week prior to class. Instructor: Lily Li & Jimmy Quan
Drop in activity fee: \$3

BEGINNING/INTERMEDIATE BALLROOM DANCE EVENING

Thursdays, Sept 5–Nov 7

7:20–8:20pm

A minimum of ten students is required for class to begin. Please register by September 2.

Instructor: Lily Li

10 Classes

\$70/Res Seniors

\$84/Non-Res/Under 50

Activity #33251

jazzercise®

Mon, Tue, Wed, Fri, Sat & Sun

8:30–9:30am

Mon & Wed, 5:30–6:30pm

Tue & Thu, 6:00–7:00pm

Each 60-minute workout is a fusion of dance and muscle toning movements, choreographed to today's music. All classes include a beginning warm up and finish with stretches. Call Barbara at (925) 447-8890 for fee and schedule.

GROUP PIANO

Thursdays, 9:00–10:00am

Hawkins Lee will coach you so you may improve your technique. Bring your own keyboard.
\$1.50 activity fee

MELODY MINSTRELS JAM SESSION

Tuesdays, 1:00–4:00pm

Bring your own musical instrument and start jammin'.
Peer Leaders: Judy Kufin & Merrill Ito
\$1.50 activity fee

MUSIC LOVERS SING-ALONG

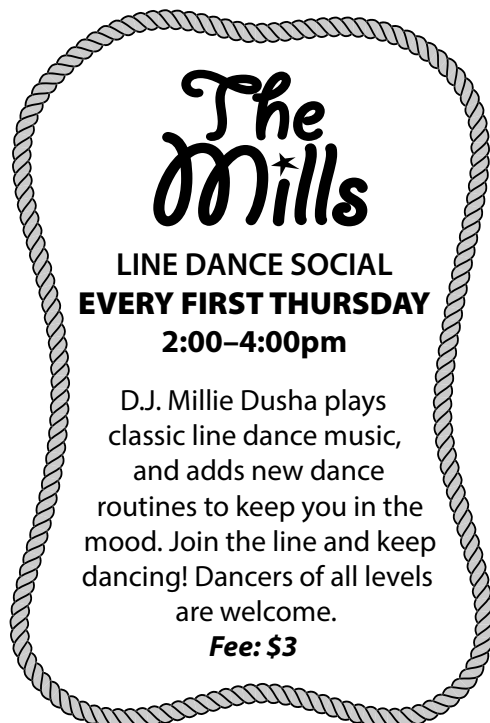
Thursdays, 10:15–11:15am

New voices are always welcome to join this group. Lyrics and music are provided. Musical accompanists are welcome.
Peer Leader: Hawkins Lee
FREE

BEGINNING UKULELE

Tuesdays, 1:00–4:00pm

Bring your own musical instrument and have fun plucking those strings.
Peer Leader: Hawkins Lee
\$1.50 activity fee



The Mills

**LINE DANCE SOCIAL
EVERY FIRST THURSDAY
2:00–4:00pm**

D.J. Millie Dusha plays classic line dance music, and adds new dance routines to keep you in the mood. Join the line and keep dancing! Dancers of all levels are welcome.

Fee: \$3



Exercise regularly to maintain good health. Ask your doctor what program is best for you.

BALANCE, AGILITY & STRENGTH

Wednesdays, 10:00–10:45am

Wednesdays, 10:00–10:45am

An exercise class that applies small, simple movements to develop balance and strengthen the core (abs and back) and cardiovascular system (heart and lungs). You may stand or use a chair (no floor exercises). All fitness levels welcome. For class to begin, a minimum of 12 students must be enrolled a week before the 1st class of each month.

Instructor: Robin Weiss, Certified Group Fitness Instructor & Personal Trainer

September 4, 11, 18, 25

\$12/4 classes Res Senior

\$14.50/4 classes Non-Res/Under 50

Activity #33255

October 2, 9, 16, 23, 30

\$15/5 classes Res Senior

\$18/5 classes Non-Res/Under 50

Activity #33256

November 6, 13, 20, 27

\$12/4 classes Res Senior

\$14.50/4 classes Non-Res/Under 50

Activity #33260

Nia (NON-IMPACT AEROBICS)

Tuesdays, 6:00–7:00pm

The blending of dance, martial arts and healing arts will benefit your entire body.

Instructor: Lynda Farmer

September 3, 10, 17, 24

\$16/4 classes Res Senior

\$19/4 classes Non-Res/Under 50

Activity #32677

October 1, 8, 15, 22, 29

\$20/5 classes Res Senior

\$24/5 classes Non-Res/Under 50

Activity #33326

November 5, 12, 19, 26

\$16/4 classes Res Senior

\$19/4 classes Non-Res/Under 50

Activity #33327

CHAIR PILATES

Mondays, 3:00–3:45pm

Pilates principles help improve your posture and everyday movements: sitting, standing and walking. Sign up Friday before the first class. New classes start monthly.

Accredited Instructor: Valentin

September 9, 16, 23, 30*

* no class 9/2

\$16/4 classes, Res Senior

\$19/4 classes, Non-Res/Under 50

Activity #32854

October 7, 14, 21, 28

\$16/4 classes, Res Senior

\$19/4 classes, Non-Res/Under 50

Activity #32855

November 4, 18, 25*

* no class 11/11

\$12/3 classes, Res Senior

\$14/3 classes, Non-Res/Under 50

Activity #32856

GENTLE YOGA

Mondays, 5:15–6:15pm

Simple yoga movements, suitable for any age, are very satisfying when done in a supportive group. Bring a mat (optional chair exercises available).

Instructor: Lumi Pirvu, an accredited instructor with over 7 years of experience.

September 9, 16, 23, 30*

* no class 9/2

\$8/4 classes Res Senior

\$10/4 classes Non-Res/Under 50

Activity # 32498

October 14, 21, 28*

* no class 10/7

\$6/3 classes Res Senior

\$7.25/3 classes Non-Res/Under 50

Activity # 32499

November 4, 18, 25*

* no class 11/11

\$6/3 classes Res Senior

\$7.25/3 classes Non-Res/Under 50

Activity # 33192

FIT OVER 50

Mondays, 10:00–10:45am

Learn new exercises to help strengthen your core. For class to begin, a minimum of 12 students must be enrolled a week before the 1st class of each series. Instructor Robin Weiss is a Black Belt in TaeKwonDo and a Certified Personal Trainer/Group Fitness Instructor.

September 9, 16, 23, 30*

* no class 9/2

\$12/4 classes Res Senior

\$14.50/4 classes Non-Res/Under 50

Activity #33258

October 7, 14, 21, 28

\$12/4 classes Res Senior

\$14.50/4 classes Non-Res/Under 50

Activity #33259

November 4, 18, 25*

* no class 11/11

\$9/3 classes Res Senior

\$11/3 classes Non-Res/Under 50

Activity #33257

ZUMBA GOLD

Fridays, 2:00–2:45pm

A dance-fitness class modified to suit the needs of participants with reduced functional capacity. Perfect for anyone and everyone wanting fun while exercising. No class 10/25.

Accredited instructor: Mary Case

\$1.50 activity fee





TAI CHI CHUAN

Start with "qi (chi) quong" exercises at the beginning of each class. Learn one new movement each week to eventually learn 24 forms. Choose between taking the Tuesday or Saturday classes. Register one week prior to the first class.

Instructor: John Deng

CLASS A

Tuesdays, 12:30-1:30pm

September 3, 10, 17, 24

\$10/4 classes Res Senior

\$12/4 classes Non-Res/Under 50

Activity #32476

October 1, 8, 15, 22, 29

\$12.50/5 classes Res Senior

\$15/5 classes Non-Res/Under 50

Activity #33243

November 5, 12, 19, 26

\$10/4 classes Res Senior

\$12/4 classes Non-Res/Under 50

Activity #: 33245

CLASS B

Saturdays, 9:45-10:30am

September 7, 14, 21, 28

\$10/4 classes Res Senior

\$12/4 classes Non-Res/Under 50

Activity #33246

October 12, 19, 26 (no class 10/5)

\$7.50/3 classes Res Senior

\$9/3 classes Non-Res/Under 50

Activity #33247

November 2, 9, 30 (no class 16, 23)

\$7.50/3 classes Res Senior

\$9/3 classes Non-Res/Under 50

Activity #33248



DUBLIN PATH WANDERERS

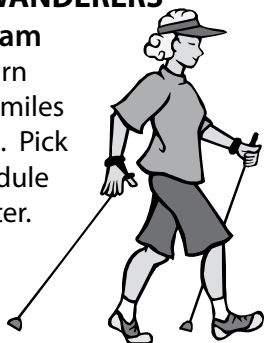
Thursdays, 9:00am

Walk, chat and burn calories on 2 to 3-miles of level local trails. Pick up a current schedule at the Senior Center.

Leader: Dan

Rodriguez

FREE



TRI-VALLEY TRAIL TREKKERS

Tuesdays, 8:45am

Hiking will strengthen your body. The picturesque views will enrich your senses. Trek 3 to 6 miles on East Bay trails, or at parks. First-timers must contact Ed Osada at (925) 980-2641. E-mail hikedirector@gmail.com for weekly hike schedules.

\$1.50/walk

SATURDAY PROGRAMS

Some interesting activities to start off your weekend. After all, you gotta have fun!

Jazzercise

8:30-9:30am

See page 5

Ping Pong

9:00am-12:00pm

See Page 4

Watercolor

9:00am-12:00pm

See page 9

Tai Chi Chuan (open to all levels)

9:45-10:30 am

See page 7

Beginning/Intermediate

Line Dance

10:45-12 noon

See page 5



Dublin Senior Center SPONSORS

We gratefully appreciate our donors and sponsors. Their generous support allows the Dublin Senior Center to offer free coffee and to partially underwrite the cost of activities, keeping fees affordable for seniors. The City, Staff and patrons thank you. If you are interested in becoming a donor or sponsor, please contact us by email at seniorctr@dublin.ca.gov or by calling (925) 556-4511.

Join us in thanking the following sponsors of the Dublin Senior Center:

PLATINUM SPONSOR

Pat Hughes

SILVER SPONSOR





WI-FI

Connect for FREE. The front desk receptionist will get you started.



E-MAIL WITH *Dublin DiRECT!*

The Center's latest *Doings* are available for you by emailing seniorctr@dublin.ca.gov. Ask to be placed on our interest list. Also ask about receiving the City's latest e-newsletter, *Dublin DiRECT*.

NEW AMERICAN SIGN LANGUAGE FOR BEGINNERS

**Wednesdays, 10:00-11:30am,
September 11 to October 30**

This class is designed for students (hearing and hearing impaired) who have had little or no exposure to sign language. Learn alphabetic and numeric fingerspelling, , shapes, greetings, phrases and symbols. The goal is to communicate in ASL on a basic level and have an awareness of deaf culture. Register by Wednesday, September 4, 2013. A minimum of 10 students needed before class may begin as scheduled.

Instructor: Sheila Holmes

\$25/8 classes Res Senior

\$30/8 classes Non-Res/Under 50

Activity #33061

ONE-ON-ONE COMPUTER (PC) CLASSES

Mondays, 9:00am-3:00pm

Have you recently updated your computer? You may also need to learn new ways to operate it. This class will help. Classes are in 30 minute increments. Call for an appointment.

PC Instructor: Ed Osada

\$3 Res Senior; \$3.50 Non-Res/Under 50



NEW JOB.rE.SEARCH: A ONE-ON-ONE COMPUTER (PC)

Fridays, 10:00am-11:30am

One-on-one computer instruction for seniors to search and find jobs on the Internet. Classes will be conducted in increments of 30 minutes to cover selected employment topics. Topics include: Electronic development of resumes, resume banks, employment job postings, resume submittal, free job opportunity sites, interviewing skills and a host of related employment topics.

PC Instructor: Jim Holmes

Fee: \$3 Res Senior; \$3.50 Non-Res/Under 50

POLISH YOUR WRITING (8-week session)

Mondays, 10:00am-12:15pm

Learn how to put emotions into your stories, memoirs, and essays. The group is supportive and enjoys listening to everyone's work. Instructor will work with late enrollees to catch up.

Instructor: Julaina Kleist

October 21

November 4, 18*

December 2, 9, 16*

January 6, 13

*no class 10/28, 11/11, 11/25, 12/23, 12/30

\$28/8 classes Res Senior

\$33/8 classes Non-Res/Under 50

Activity #32845



EVERYDAY LIFE SKILLS IN ENGLISH

Fridays, 1:00-2:30pm

People from different cultures, who want to improve or brush up their English, will find this class helpful. Practice your conversational skills in a comfortable environment. Act out real-life situations. English only will be spoken in class. All levels welcome.

Instructor: Ramona Krausnick

Call for current schedule and availability

\$3/month



A READING GROUP

Fourth Tuesdays, 10:30am

There is nothing like a book that allows you to journey to faraway places and meet intriguing personalities. Call to learn what the latest book is.

\$1.50 activity fee

LENDING LIBRARY

The Center's library is available to all our patrons for FREE.

How it works:

The library is operated on the honor system; no check out required. It is easy to use; borrow a book, DVD, or VHS, and return it to the front desk when you are finished. To donate items, bring them to the front desk for processing. We gladly accept books published no earlier than the year 2008 and magazines from the past three months, in good condition only. We also accept audio and large type books.



**Alameda County
LIBRARY**

...Infinite possibilities

**200 Civic Plaza, Dublin, CA 94568
(925) 828-1315 www.aclibrary.org**

Sunday	1pm – 5pm
Monday	10am – 8pm
Tuesday	10am – 8pm
Wednesday	12pm – 8pm
Thursday	10am – 6pm
Friday	CLOSED
Saturday	10am – 5pm



BEGINNING ART CLASSES

Saturdays, 9:00am–12:00pm

Courses are for first time and intermediate artists. Needed materials list is available at the Center. Register at least one (1) week prior to the start of each class. Find more information at playlearnmake.blogspot.com. Interested young artists (teens & up) are welcome to register.

Instructor: Arthur S. King

Fee per session: \$17 Res Senior; \$20 Non-Res/Under 50

BEGINNING ACRYLICS

Saturday, September 14, 21, 28

Topics include: Brushwork, working from direct observation, color mixing, and glazing techniques.

Activity #33180

PAINTING WITH ACRYLICS: GLAZING

Saturday, October 12, 19, 26

Topics include: color mixing and glazing techniques.

Activity #33181

PAINTING WITH ACRYLICS: USING THE PALETTE KNIFE

Saturday, January 11, 18, 25, 2014

Learn how to paint and create different textures with a palette knife.

Activity #33253



ADVENTURES IN WATERCOLOR

Fridays, 9:30am–12:00pm

Advanced students in watercolor, offer a peer-directed class for beginners through advanced, continuing students and independent artists. Their philosophy is, "We are all life-long learners, and everyone can develop their artist's brain." Newcomers are encouraged to purchase a Beginner's Kit on the first day. It will contain quality, yet basic supplies (at cost), for approximately \$35. Or, bring your own supplies and we will advise you on whether they will produce successful results. Beginners will produce artwork at the first class, using basic techniques and supplies. Each term will include constructive critiques and a field trip. The term will end with displaying our art work at the Dublin Senior Center.

Fall Semester:

September 6, 13, 20, 27

October 4, 11, 18, 25

November 1, 8, 15, 22

December 6

January 10, 17, 24, 31, 2014

\$24 Res Senior

\$29 Non-Res/Under 50

Activity #31417

SCRAPBOOKING

Thursday, 9:30am–12:00pm

Capture your memories in a charming scrapbook. Bring a pair of scissors, glue stick, 12 copies of your own photos and other memorabilia. A scrapbook will be provided, but you may bring your own if you wish. Packets of colored paper, ribbon and other embellishments will be available to personalize your book. Please indicate paper color choice. A \$10 material fee is due to the instructor at the start of class. Register one week prior to the start date.

Instructor: Shari Jarrett

September 19 & 26 *Activity #32858*

October 17 & 24 *Activity #32859*

\$4 Res Senior; \$5 Non-Res/Under 50

ART STUDIO FOR ALL MEDIA

Wednesdays, 12:30–3:30pm

The room is spacious enough for everyone to work independently on their own art and craft projects. Enjoy the company of fellow artists in a relaxed atmosphere. All levels of creativity are welcome.

\$1.50 activity fee

NEEDLE ARTS GROUP

Tuesdays, 9:30am–12:00pm

Drop in and work on your quilting, sewing or knitting project. This social group loves to keep their fingers busy while they chat.

\$1.50 activity fee

BLANKETS FOR VETS

Wednesdays, 1:00–3:30pm

Join this group, and together help make blankets for our veterans. Bring your own knitting and crochet needles. Donations of needles and yarn are always appreciated.

Activity leader: Eva Lim

FREE

BALLOON TWISTERS

Thursday, 10:00–11:30 AM

Learn basic sculptures like flowers, hats and toys. Special sculptures will be taught to reflect any upcoming holidays. A \$10 materials fee made payable to instructor, Keith Jackson, is due on the first day of class.

September 5, 12, 19 *Activity #33045*

October 17, 24, 31 *Activity #33046*

December 5, 12, 19 *Activity #33047*

\$6/3 classes Res Senior

\$7.25/3 classes Non-Res/Under 50





holiday workshops

NEW DECORATIVE PLATE WORKSHOP

Thursday, October 10

9:30am-12:00pm

Create a decorative plate for display in your home or as a gift. Customize your plate by backing it with paint, fabric, wallpaper or tissue paper. Bring copies of photos if you wish to personalize it. A \$10 materials fee is due to the instructor at the start of class. Register by October 3.

Instructor: Shari Jarrett

\$4 Res Senior; \$5 Non-Res/Under 50

Activity #33235



NEW HOLIDAY CARDMAKING WITH BARBARA GIFFORD

Friday, November 8

12:30-3:00pm

Send a holiday greeting card to a friend or relative, handmade by you. Bring scissors, glue stick, and a ruler. Register by Friday, 11/1. Maximum 15 students. \$3 at the door, includes materials for 2 cards; \$1 each for additional card Activity #33324

NEW HOLIDAY WREATH MAKING WITH GALE GIFFORD

Wednesday, December 11

10:00-11:30am

Make a fresh wreath for the holidays. Bring gardening gloves, shears and additional decorations to personalize your holiday masterpiece. Limited to 15 students. Please register by 12/4.

\$3/class

\$5 at the door

Activity #33325

NEW MOSAIC PICTURE FRAME

Saturday, November 2

10:00-11:30am

Conceive your own mosaic masterpiece on a wooden picture frame using mosaic tiles, glass pieces and ceramic fragments. Bring special pieces to work into your design, such as buttons, small stones or pieces from broken dishes, etc. Metal items are discouraged due to chance of rust. Your finished piece may be taken home at the end of class (allow 24 hours for grout to fully set). A minimum of 5 students must be registered by October 25 for class to begin as scheduled. A \$10 materials fee payable to Café Art is due at the beginning of class.

Instructor: Marilyn Haub

\$10 Res Senior

\$12 Non-Res/Under 50

Activity #33234

splatter

not your ordinary food, wine & art festival

September 21, 2013 • Emerald Glen Park

Festival 12PM to 8PM • Tasting Pavilion 1PM to 6:00PM • Concert at 6:30PM • Fireworks at 8PM

Food & Wine Tasting Pavilion • Culinary Marketplace

Unconventional Works of Art • Food Sculpture Creation

Mobile Food Trucks • Arts & Crafts Marketplace

SPLATdemonium • Live Musical Entertainment • Carnival Games

Backseat Theatre • Fireworks Finale



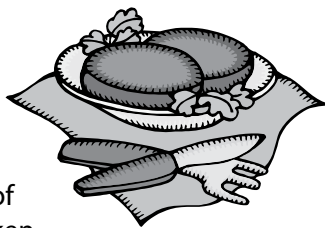
www.dublinsplatter.com



DINE AT THE SENIOR CENTER'S SHAMROCK CAFÉ

Monday through Friday, 11:30am–12:15pm

The Café meals are healthy and you can't beat the price. Meet new friends and be served by our friendly volunteers. Meals provided by Spectrum Community Services, in cooperation with the Area Agency on Aging of Alameda County and the City of Dublin. Order the daily entrée, or a chef salad (chicken, ham or vegetarian). On soup days, hamburgers or veggie burgers are also available. Coffee and tea included. Take out not available.



Discounted Price

Patrons, age 60 years and older, must register annually. A Spectrum application form is available at the Front Desk.

Suggested Donation

\$3.75 suggested donation for registered guests 60+ years*

\$6 price for non-registered guests*

Punch Card

10 pre-paid meals are \$35 for registered guests 60+ years*

Punch card may also be used at Livermore and Pleasanton Senior Centers

Lunch Reservations

Reserve by phone or in person no later than 1:00pm, at least one business day before your meal. For Monday meals, reserve by 1:00pm on Friday. Unclaimed lunches will be sold at 12:05pm to comply with food safety guidelines.

NEW SMART EATS

**Third Tuesday of each month
3:00-4:00pm**

Join us for an hour of cooking fun with Lifeguard Home Health. There will be cooking demonstration each month, along with a recipe and sampling of tasty treats. For class to begin, 10 students must be registered a week before each class.

September 17 Activity #33227

October 15 Activity #33228

November 19 Activity #33229

December 17 Activity #33230

FREE

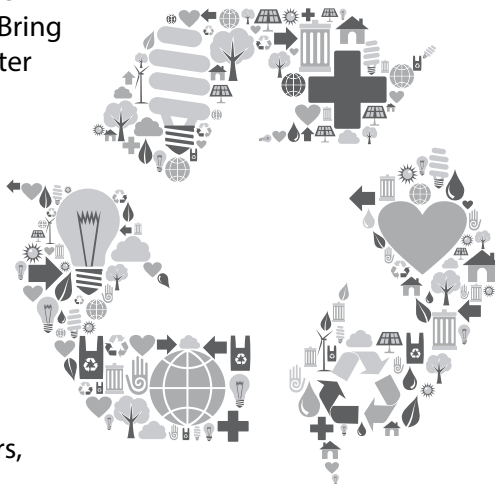


NEW RECYCLING PARTY AND MEETING

Hosted by Dublin Senior Center/Wicklow Square

Friday, September 20, 3:00-5:00 pm

Help the environment. A 15-30 minute presentation will be given during the party to explain what is recyclable. Bring clean items such as soda cans or water bottles to the Senior Center, place them in the properly marked bins, and collect tickets toward prizes. Winners will be announced throughout the event. You must be present to win. Future parties are being planned. Please RSVP by Wednesday, September 18 so we can prepare accordingly. Cash and raffle prizes, guest speakers, refreshments and more
Activity #33318



GIFT CERTIFICATES

The Center is selling gift certificates. This perfect gift may be redeemed for most activities, classes and special luncheons at the Dublin Senior Center. Purchase them at the front desk or call (925) 556-4511 for more information.



SUPPORT THE TROOPS

Operation S.A.M. (Supporting All Military) assembles care packages for our military. Drop off "NEW" white socks, or toiletry items at the Dublin Senior Center. You may also attach a note thanking our troops for their service.

DUBLIN SENIOR CENTER ACTIVITIES

weekly schedule & calendar



play! Take part in one of the many games or activities offered.
explore! Experience a trip (near or far), a new class or an interesting group.
connect! This is the perfect place to meet and greet new and old friends.

DAY	TIME		CLASS
Mondays	9:00–11:30 AM	¢ *	Pinochle
	9:00 AM–3:00 PM	\$ *	PC Computer 1-on-1 with Ed Osada (30 minute sessions)
	10:00–10:45 AM	\$ *	Fit Over 50 with Robin Weiss
	10:00 AM–12:15 PM	\$ *	Writing Class with Julaina Kleist
	12:00–3:00 PM	¢ *	Bridge – Advanced Play
	12:30–2:00 PM	\$ †	Advanced Line Dancing with Millie Dusha
	3:00–3:45 PM	\$ *	Chair Pilates with Valentin
	5:15–6:15 PM	\$ *	Gentle Yoga with Lumi Pirvu
Tuesdays	8:45 AM–12:00 PM	¢ *	Tri-Valley Trail Trekkers
	9:30 AM–12:00 PM	¢ †	Needle Arts Group (Quilters and more)
	10:15–11:15 AM	\$ †	Beginning/Intermediate Line Dance with Rosa Chan
	10:30–11:30 AM	¢ †	A Reading Group (every 4th Tues)
	12:00–3:30 PM	¢ *	Intermediate Bridge
	12:30–1:30 PM	\$ *	Tai Chi Chuan with John Deng
	1:00–4:00 PM	¢ †	Sunshine Strummers/Beg. Ukulele with Hawkins Lee
	1:00–4:00 PM	¢ †	Melody Minstrels Jam Session with Judy Kufin/Merrill Ito
	1:45–2:45 PM	\$ †	Ballroom Dance with Lily Li/Jimmy Quan
Wednesdays	6:00–7:00 PM	\$ *	NIA (Non Impact Aerobics) with Lynda Farmer
	9:00 AM–12:00 PM	¢ †	Ping Pong – Open Play
	10:00–10:45 AM	\$ *	Balance, Agility & Strength with Robin Weiss
	12:30–3:30 PM	¢ †	Art Studio for All Media
	12:45–3:30 PM	\$ †	Bingo, Sponsored by Dublin Senior Foundation
	1:00–3:00 PM	¢ *	Beginning/Intermediate Bridge with Donna McCarthy
Thursdays	1:00–3:30 PM	♥ †	Blankets for Vets (an opportunity to knit/crochet)
	9:00 AM	♥ †	Path Wanderers Walking Group (Call for schedule)
	9:00 AM–12:00 PM	¢ †	Ping Pong – Open Play
	10:15–11:15 AM	♥ †	Music Lovers Sing-Along with Hawkins Lee
	10:15–11:15 AM	¢ †	Line Dancing for Beginners with Lynn Woods
	12:00–4:00 PM	¢ *	Ping Pong by Appointment only
	1:00–3:00 PM	¢ †	Bunco with Sue Woods
	2:00–4:00 PM	\$ †	Mill's Line Dance Social – every 1st Thursday
Fridays	2:00–4:00 PM	\$ †	Easy Intermediate Line Dance with Millie Dusha
	9:30 AM–12:00 PM	\$ *	Watercolor for All Levels, taught by Advanced Students
	10:00–11:00 AM	¢ †	Line Dance Social with Karen Hong
	9:30–11:30 AM	\$ *	Job.r.E.Search with Jim Holmes
	12:00–3:30 PM	¢ *	Intermediate Bridge
	12:15–4:00 PM	¢ †	American Mah Jong
	12:45–1:45 PM	¢ †	Tai Chi Chih with Mary Case
	1:00–2:30 PM	\$ *	Everyday Life Skills in English with Ramona Krausnick
Saturdays	2:00–2:45 PM	¢ †	Zumba Gold with Mary Case
	8:30 AM–12:00 PM	¢ †	Ping Pong – Open Play AM ONLY
	9:00 AM–12:00 PM	\$ *	Beginning Art Class with Arthur S. King
	9:45–10:30 AM	\$ *	Tai Chi Chuan with John Deng
	10:45–12:00 PM	\$ †	Beginning/Intermediate Line Dance with Rosa Chan

ACTIVITY KEY



WALK-INS WELCOME
(OTHERWISE PLEASE REGISTER
IN ADVANCE, IN PERSON OR
ONLINE)



ACTIVITY FEE \$1.50



COSTS VARY



NO CHARGE



REGISTRATION FOR SENIOR
CENTER CLASSES REQUIRED BY
CALLING (925) 556-4511

SHAMROCK Cafe

Monday–Friday
11:30am–12:15pm
See page 11 for more
information.





DUBLIN SENIOR FOUNDATION

The Foundation, a non-profit organization, solicits money through various fund raisers, to serve the needs of our seniors. The Center's patrons have greatly benefited from these efforts. The public is welcome to attend their meetings at 10:00am on the first Wednesday of every month, at the Dublin Senior Center.

Al Edge
President

Diane Bonetti
Vice President

Ted Woy
Financial Secretary

George Zika
Treasurer

Pat Loncarich
Recording Secretary

Bonnie Andreasen

Nancy DelSoldato

Carol McGeary

Carol Mikos

Ed Osada

Gail Starsiak

Colette Vukasovich

THANK YOU TO THE FIREWORKS BOOTH VOLUNTEERS

On behalf of the Dublin Senior Foundation, I want to thank all of the participants in this year's fireworks sale. It is comforting to see that so many people care about their Senior Center, and the work of the Senior Foundation

Thanks,
Al Edge



BICYCLE RACK DONATED BY THE DUBLIN SENIOR CENTER FOUNDATION

Stop by our front desk and someone will show you where the Center's bicycle rack is located so you can safely park your bicycle.



Dublin Senior Foundation CASINO TURNAROUNDS

9/15 & 16	Silver Legacy Reno Overnighter	\$89 double/\$109 single
10/21	Cache Creek	\$30
11/18	Colusa	\$30

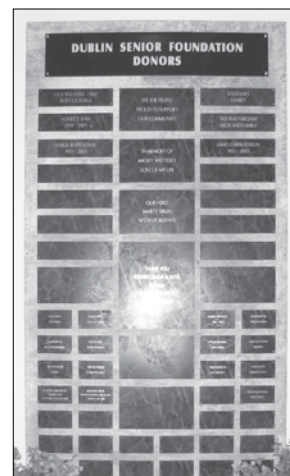
Casino destinations and prices subject to change

Chartered bus departs from and returns to the DUBLIN SPORTS PARK located on Dublin Boulevard at Civic Plaza. Pay cash or check, payable to American Stage Tours, and bring it to the Dublin Senior Center. Reservation, with payment, is accepted on a first-come, first-served basis. Price includes the casino package and motor coach transportation. Passengers must have a valid photo ID. Board the bus 15 minutes prior to departure. Refunds will be honored when there is more than the required 42 passenger or if there is an established wait list.

DUBLIN SENIOR FOUNDATION DONOR WALL

Remember someone special or simply make a tax deductible donation to the Senior Center. FOUR levels of giving are as follows:

Benefactor	
\$5,000	12" x 12"
Sponsor	
\$2,500	6" x 12"
Donor	
\$1,000	2 ½" x 12"
Individual	
\$250	2 ½" x 5 ½"



Application forms are available. Return the form and a check, made payable to the Dublin Senior Foundation, to the reception desk. For more information, leave a message for George Zika, Foundation Board Member.



SENIOR SERVICES

stay informed, stay healthy, stay safe



FREE HEALTH SCREENING BY SENIOR SUPPORT

Tuesday, September 17, 9:30am–1:30pm

At the Dublin Senior Center by appointment; Participants must be Alameda County residents

- Free Nutritional Counseling, Educational Services and Medication Review
 - Medical Tests: blood, Diabetes, urine, hemocult, and hearing
 - Foot Care: Space is limited.
- Suggested donation: \$10*

FREE MEMORY SCREENING

Thursday, September 26

Appointments begin at 12:30pm

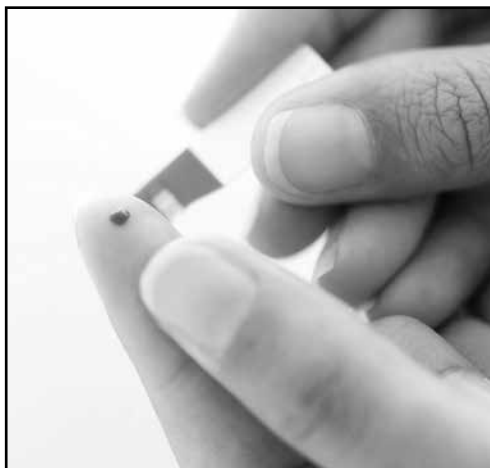
Caring Solutions sponsors a free memory assessment on a quarterly basis. Pick up some informational materials. Early diagnosis and intervention provides the best outcome. Call the front desk to set up your 30-minute appointment.

FREE HEALTH INSURANCE COUNSELING

Wednesdays: September 25, October 23, November 20, December 18

Appointments begin at 12:30pm

HICAP—Health Insurance Counseling & Advocacy Program—of Alameda County offers FREE monthly counseling about Medicare and health insurance. To schedule your appointment, call (925) 556-4511 by the prior Monday. Clients must be 65 & older; adult children welcome.



DIABETES SUPPORT GROUP

First Tuesdays: September 3, October 1, November 5, December 3 10:00-11:30am

For anyone with diabetes and their families. Call (925) 556-4511 to register. Instructor: Marisa Castaldini, Diabetes Program Manager, Alameda County Public Health
FREE

SENIOR SUPPORT OF THE TRI-VALLEY AGENCY

5353 Sunol Blvd., Pleasanton, CA 94566
Office Hours: Mon–Thu, 9:00am–4:30pm
General Information: (925) 931-5379
Case Management: (925) 931-5381

An independent non-profit agency that assists seniors (60+) residing in Dublin, Livermore, Pleasanton and Sunol. They provide services and resources that allow seniors to remain healthy, safe and independent in their homes.

Programs Offered:

Case Management; Health Services (*Nutrition, Exercise, Medication Management, Foot Care*); Family Caregiver Support; Friendly Visiting; Alcohol/Drug Program and Counseling; HomeCare Registry; Volunteer Transportation to medical appointments. This program is co-sponsored by the City of Dublin and other local and county agencies.



FOOD FOR THOSE IN NEED

If you are in an emergency situation and need food, the Children's Emergency Council Food Bank, a non-profit organization, may be able to help. It provides canned and packaged food to the needy, seniors included. For questions or to donate items call (925) 828-5363.



NEW MEDICARE 101

Tuesday, September 10, 1:00-2:00pm

Get updated facts on all of Medicare's available options. Find out if you qualify for different programs within Medicare. Open enrollment time, called AEP (Annual Enrollment Period) starts on October 15 and ends on December 7. If your income or health changes, this is the period in which seniors may change their current Medicare arrangements. A minimum of 5 people must be registered by 9/3.

FREE; Activity #32495

WIESNER MEMORIAL FUND

The Wiesner Board of Directors is here to help seniors who may be in financial crisis. They provide emergency grants or loans, in nominal amounts, to seniors who need assistance for food, medicine, prescriptions, auto repairs, rent, appliance repairs, etc. Call one of the Centers below to make an appointment to determine eligibility for financial aid, and to complete an application form.

Livermore: (925) 373-5760

Pleasanton: (925) 931-5365

Dublin: (925) 556-4511

Final approval is made by the Wiesner Fund Board.



NEW HICAP WORKSHOPS

The following Friday workshops are free and offered by the Health Insurance Counseling & Advocacy Program of Alameda County. Register by the Monday prior to the workshop date.

Health Care Reform and Medicare

Friday, September 27 & November 22, 9:30-11:00am

- Explains improvements in the prescription drug coverage benefit
- Discusses the changes to Medicare Advantage Plans
- Outlines additional areas to Medicare coverage, including preventive care benefits
- Gives a snapshot of changes outside of Medicare
- Reviews timeline for implementation of the Affordable Care Act or "Obama Care"

September: Activity #33167

November: Activity #33169

Know Your Medicare Rights

Friday, October 18, 9:30-10:30am

- Explains consumer protections for Medicare beneficiaries
- Reviews appeal rights under traditional Medicare and Medicare Advantage Plans
- Discusses specific hospital and nursing home rights
- Provides important contact information on advocacy organizations, agencies, and websites
- Reviews eligibility, the application processes, and benefits

Activity #33168

California's Coordinated Care Initiative & Cal MediConnect

Friday, December 13, 9:30-10:30am

- Reviews who is affected & the choices for managing Medicare, Medi-Cal and community based support services in Alameda County
- Explains enrollment process & timeline for implementation, including for Cal MediConnect (Set to start January 1, 2014)
- Reviews resources and roles of local partnering agencies

Activity #33170

CAREGIVING ACROSS GENERATIONS

Saturday, September 7, 10:30am-12:00pm

A workshop engaging adult children in elder care with speaker, Dr. Sharon Marts, EdD

Discussing the topic of caregiving for a senior is not always easy, but in a family where adult children are able to assist (either from nearby or afar), having strategies to engage their help is vital and important. Topics will include how, and what kinds of help family members can contribute, while honoring the capabilities and limits of all involved. Finally, we will create a personal "ethical will" in which each person puts values on paper to share with others, or keep private. Please RSVP by Friday, September 6 by calling (925)556-4511.

Cost: \$5 optional donation (to cover materials); pay at the door.

Activity #32494



**AARP SAFETY DRIVING:
8-HOUR CLASS**

Monday, September 30 & October 7, 1:00-5:00pm

A helpful class for drivers, ages 50+. Develop functional abilities and reflexes for safe driving. Class completion may entitle you to a discount from your auto insurance provider. You must attend both class sessions to qualify.

Instructor: Bill Bryson

Activity #33226

AARP REGISTRATION

Make check or money order payable to AARP, no cash please. To register for this class, drop off your check or mail it in to the Dublin Senior Center.

\$12 AARP Members (write membership # on check)

\$14 Non-members

WHEELS TRIPS

Ask about upcoming bus trips coordinated by *Wheels* staff.

**WHEELS TRANSPORTATION
COUNSELING**

**Tuesday, September 17 &
November 19, 9:00-11:00am**

Learn how easy and convenient it is to ride public transportation. Apply for Dial-A-Ride Service and RTC discounts. *Wheels* services mainly Tri-Valley residents living in Dublin, Pleasanton, Livermore and some parts of San Ramon. Call (925) 556-4511 to schedule a FREE 15-minute appointment. Register at least one week prior.





VAN TRIPS

Sit back and relax with a group of friends while being driven to one of the interesting locations listed below. Register early; trips fill up fast and van capacity is 14 people. Dublin residents receive priority, non-residents register one week later. Registration deadlines may vary; those involving show tickets have specified deadlines. Trip Fees include: professional driver, tolls, parking and admission, but not lunch, unless stated otherwise. Registration may be paid by credit card, cash, or check made payable to *City of Dublin*. For more information, TRIP FLYERS are available on the bulletin board in the east hallway.



VAN TRIP REGISTRATION AND REFUND POLICY

- Full payment is due at the time of registration. Checks are payable to the "City of Dublin."
- Only check payments can be submitted by mail. Credit card payments must be made in person or online at www.DublinRecGuide.com.
- Full trip refunds will be issued only when the Center cancels a trip.
- If you withdraw from a trip by the registration deadline, your refund will be posted to your account as a credit, minus the cost of any ticketed admission.
- If you would like your refund issued to you, please contact the Center. Refunds take up to 30 days and are subject to a \$5 processing fee.
- Withdrawal after the registration deadline may result in forfeiture of the trip fee unless your space can be sold to a person on the waiting list.

CANNERY ROW

Wednesday, September 18
9:00am-5:30pm

Create your own tour schedule. Monterey's Cannery Row has wonderful shops, boutiques and galleries. The Aquarium is filled with fascinating sea creatures. Walk to the bay and enjoy the view. There are several local restaurants to choose from for lunch. Aquarium tickets and lunch not included. Call for availability.

\$39 Res Senior
\$47 Non-Res/Under 50
Activity #32449

SONOMA VINTAGE & STREET FESTIVAL

Saturday, September 28
9:15am-5:30pm

Spend the day at leisure, with live music, entertainment, wine, grape stomping, and arts & crafts booths. Explore the shops and galleries around the historic Plaza and enjoy a no-host meal from a restaurant or food booth. Call for availability.

\$39 Res Senior
\$47 Non-Res/Under 50
Activity #32450

CANINE COMPANIONS

Friday, October 4
9:00am-5:00pm

Spend the morning in Sausalito exploring the quaint shops or enjoying brunch at one of the many restaurants, followed by the graduation ceremony of Canine Companions for Independence in Santa Rosa. Call for availability.

\$39 Res Senior
\$47 Non-Res/Under 50
Activity #30903



FISHERMAN'S WHARF

Friday, October 11
9:45am-5:30pm

Visit Ghirardelli Square and treat yourself to some scrumptious chocolate. Then, take a walk down to Fisherman's Wharf where there is so much to see and do. If available, you may be able to tour a naval ship or watch the planes practice for Fleet Week festivities. Make it a leisure day in the City by the Bay! Register by Monday, September 9.

\$39 Res Senior
\$47 Non-Res/Under 50
Activity #33185

INTERNATIONAL CULINARY CENTER LUNCH

Wednesday, October 16
9:30am-4:30pm

Enjoy a 3-course gourmet meal, highlighting the freshest seasonal ingredients, prepared by student-chefs at the International Culinary Center in Campbell. Register by Monday, September 9.

\$39 Res Senior
\$47 Non Res/Under 50
Plus \$12 cash for the lunch and tip
Activity #33186

GOLDEN GATE FIELDS

Saturday, October 26
10:30am-6:00pm

Place your bets! The ponies are running. A visit to this Albany racetrack includes admission to the Turf Club and a delicious buffet lunch. Call for availability.

\$65 Res Senior
\$77 Non-Res/Under 50
Activity #32452



UNBOYLIEVABLE

Wednesday, October 30
10:45am-4:30pm

If you enjoyed *Beach Blanket Babylon* and *Finocchio's*, you'll love *Unboylievable*, a musical revue starring female impersonators from the original, world-famous *Finocchio's Nightclub*. Cost includes lunch at Oakland's *Fratellanza Club* with salad, pasta, entrée, vegetable, bread and butter, dessert, coffee, tea and a glass of wine. Register by Friday, September 6.
\$101 Res Senior
\$108 Non-Res/Under 50
Activity #33350

EXPLORATORIUM

Wednesday, November 6
9:15am-4:15pm

Visit the Exploratorium's spectacular new facility on the waterfront. Play, explore and tinker with 600 exhibits, indoors and out, including many beloved classics. Register by Monday, September 23.
\$54 Res Senior
\$62 Non Res/Under 50
Activity #33187



SWINGING DIXIE

Saturday, November 16
10:45am-6:15pm

Relive the era when jazz was king! Whether strut or swing, ballads or blues, gospel or standards, experience James Creer singing the songs that bring American music legends, Ellington, Basie, Cole and others to life. Register by Friday, September 20.
\$63 Res Senior
\$70 Non Res/Under 50
Activity #33351



EXTENDED TRAVEL BY COLLETTE VACATIONS

Escorted destinations combine sightseeing, entertainment and leisure time. Cost includes round-trip air, hotel, transfers and departure tax. Credit cards accepted. Ask about single and triple rates.



HERITAGE OF AMERICA

October 4-13, 2013

Highlights: New York City, Philadelphia, Amish Country, Gettysburg, Shenandoah Valley, Monticello, Colonial Williamsburg, Mount Vernon, Washington D.C., Smithsonian Institution
10 days, 14 meals
\$2,899 per person, double occupancy
Call for availability

NEW REFLECTIONS OF ITALY

March 19-28, 2014

Highlights: Rome; Colosseum; Assisi; Perugia; Siena; Florence; Chianti Winery; Venice; Murano; Lugano, Switzerland; Como
10 days, 14 meals
\$3,649 per person, double occupancy
Register by 9/13/2013

NEW WASHINGTON, D.C.

April 2-8, 2014

Highlights: U.S. Capitol building, White House Visitor Center, World War II Memorial, Mount Vernon, Arlington National Cemetery, Smithsonian Institution, Baltimore, Annapolis, Washington National Cathedral, Ford's Theatre
7 days, 9 meals
\$2,199 per person, double occupancy
Register by 10/25/2013





Our Senior Center is very fortunate to have volunteers, as well as patrons, who are from many different countries. Our volunteers symbolize that no matter what your cultural background is, they are here to welcome and help everyone. Please Volunteer. And, if you have an expertise in some area you would like to teach, the Center is always interested. Pick up a volunteer application or class proposal form at the reception desk or download forms at www.dublinseniorcenter.com.



Get Ready, September is Senior Center Month!

The Dublin Senior Center has resources and tools to empower seniors to make choices that will enhance their lives and help them become "Experts at Living Well." We offer a variety of health and fitness classes and lifelong learning opportunities. We also encourage patrons to get involved in the center and the community; whether it's trying Tai Chi, attending a watercolor class, or enjoying the sounds of a ukulele. These activities add richness to the lives of our community's seniors.

This September, as a Dublin Senior Center patron, volunteer, new or long-time supporter, celebrate our programs and services by writing your story and submitting it under the title, "Experts at Living Well."

You may write on any of the following

topics: How the Dublin Senior Center has made a positive impact on your life. How you have benefited from participation in our programs. How a special program or person at our Center has made a positive influence on you. Please hand in your story by Friday, September 6 to the Dublin Senior Center, 7600 Amador Valley Blvd. Dublin, CA 94568. For more information, call (925) 556-4511 or email us at seniorctr@dublin.ca.gov.

We want to hear your story whether it happened recently, or years ago. All participants will receive a copy of their writing, which will be posted in the hallways during September. This special month culminates with an Ice Cream/Root Beer Float Social on Friday, September 27 at 12:15pm.

This nation-wide event is established by the National Council on Aging's National Institute of Senior Centers (NISC).



HOMETOWN HEROES

A N N U A L C E L E B R A T I O N

Saturday, November 2 at 2:30 PM

Dublin Senior Center, 7600 Amador Valley Boulevard, Dublin

Celebrate the dedication, bravery, and heroism of our veterans.

The CoolTones Big Band will perform.

Call (925) 556-4511 for more information.

This is a FREE drop-in event • Activity Code 29797 • Light refreshments will be served

WALL OF HOMETOWN HEROES REGISTRATION FORM

In honor of our community's veterans, the Dublin Senior Center will display a Wall of Hometown Heroes. Please submit a photo of yourself or a family member in uniform, from any branch of military service, and attach this completed form to the photo. **The deadline for entries and photo is Monday, October 21, at 4:00pm.**

Name of person in photo _____

Person submitting photo if different than veteran _____

Address _____

City _____ CA, Zip _____

Email _____ Phone _____

Indicate branch of Military Service ☐ Army ☐ Navy ☐ Airforce ☐ Marines ☐ Coast Guard

☐ Other (please list) _____

Stationed at _____ Years served: from _____ to _____

Highest rank served _____

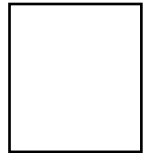
Career Military ☐ Yes ☐ No Comments _____

List Medals, Honors, etc (if any) _____

Optional: Write a short dedication or anecdote about the veteran's tour of duty, or describe what serving our country has meant to him/her. (Please use additional paper to write your response as needed.) _____



100 Civic Plaza
Dublin, CA 94568



This newsletter has been paid for by the recipient

**Parks
Make
Life
Better!**

Current Resident or

holiday **Dance Escape** social dance

Featuring the *TNT Band*

Friday, December 13, 6:30-9:30pm

Celebrate the season with friends. Heat up the dance floor with cool music from the *TNT Band*. Light refreshments will be served and door prizes will be raffled off.

Tickets purchased by Thursday, December 12: \$10 Res Senior & \$12 Non Res/Under 50 or \$13 at the door

Activity #33172